

Name: Alexis Smith

STEP Project Category: Internship

STEP Faculty Member: Dr. Irene Hatsu

Major/Minor: Psychology/Nonprofit Management

What I learned:

At my internship with Alvis I learned a great deal about rehabilitation processes and what life is like for victims of human trafficking who are simultaneously in recovery, as well as, how I can help them.

Alvis Internship

Project Description

I interned part-time at a nondisclosed home for victims of human trafficking who are also recovering addicts. The house is known as CHAT, short for **C**hanging **H**abits, **A**ttitudes, and **T**houghts.

Some of my roles consisted of:

- Filing client intake paperwork
- Providing support for clients
- Assisting with transporting clients
- Actively participating in house meetings
- Observing and reporting client behavior
- Co-lead group therapy sessions



What motivated me to select this project:

- To gain experience in mental health field
- To gain experience in nonprofit sector
- Great networking opportunities
- Beneficial to future career

What was transformative about this project:

This experience strengthened my passion to work in both the nonprofit sector and the mental health field. I also gained great connections that will advance my future career. Pictured above is one of my internship supervisors who was great mentor throughout my experience.



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